

ABSTRACT OF THE DISCLOSURE

[0052] An exercise method and device for providing resistance to a user in the performance of an abdominal crunch exercise while the user is lying supine. The method includes the placement of resistance in the path of the exercise movement with the upper arms and upper
5 legs simultaneously pressing toward one another against the resistance resulting in flexion of the torso and stress upon the abdominal muscles. The device comprises a resilient and compressible object or pad of material having a first substantially planar surface for placement upon the abdomen of the user, a second surface extending at an obtuse angle to the first
10 surface and sized and shaped to engage the upper thighs of the user while performing said crunch exercise, and a third surface extending at an obtuse angle to the first surface and sized and shaped to contact the arms of the user while performing a crunch exercise.